Dear 4-H Families:

Enclosed you will find information on upcoming club meetings including Super Star Chef, teen programs, Horticulture Club, and other upcoming programs.

Alexandria Bryant

Extension Agent
for 4-H Youth Development Education
Breckinridge County

4-H GROWS HERE

Thank you to our
4-H Camp volunteers!

We are very excited to announce the start of our Cloverbud Club! This is a great opportunity for kids who are not yet 4-H age to learn about 4-H and other exciting topics!

For more information see enclosed flyer!

Congratulations to our Trap Shoot Competition winners!
4-H Puppy Pals
Puppy Pals will meet Thursday, July 19th at 6 p.m. (ct)
at the Lazy Jim Day Dog Training Facility.
6396 W Hwy 60, Hardinsburg, KY
Puppy Pals will visit the Hardinsburg Nursing & Rehabilitation Center at 4 p.m. (ct)
on Sunday, July 22nd

4-H Wranglers’ Horse Club
Good luck at the State Fair and have a great summer!

4-H Home School Club
Have a great summer!

4-H Sewing Club
Have a great summer
And good luck to any of our members entering in the county or state fair!

4-H Bug Club
The next club meeting will be announced through Remind 101

4-H Poultry Club
The next club meeting will be announced through Remind 101

4-H Cloverbud Club
The first club meeting will be Monday, July 2nd at 6 p.m. (ct) in the Extension Community Building

4-H Robotics Club
Our Robotics Club had a fantastic year!
Thank you to all of our members and volunteers that helped make this year so great!
Congratulations to the Battlebots team for winning the Sumo Competition!

4-H Youth Livestock Club
Good luck to our livestock members at the county fair, state fair and any other shows that they participate in this summer!

4-H Rabbit Club
The next club meeting will be Monday, July 16th at 6 p.m. (ct) in the Extension Farmers’ Market & Educational Facility.

4-H Family, Friends and Food Club
Thanks to everyone who participated in Foods Club this past year! Be sure to participate in the summer 4-H Foods activities!
Cupcake Decorating, Food Preservation, Super Star Chef and Cupcake Wars!

BCMS 4-H Adventure Club
Adventure Club will be having a car wash Saturday, July 14th at the Hardinsburg Advanced Auto from 9 am - 2 pm (ct)

4-H Photography Club
The Photography Club will meet Friday, August 3rd at 5:30 p.m. (ct) in the Extension Community Building

4-H Alpaca Club
The Alpaca Club will meet 11 am Saturday, July 21st at 6120 E Highway 86 Custer, KY 40115 for the Alpaca Demonstration

NOTE! Communication Policy: In the event that a meeting date, time or location for any club changes, it will be on WXBC 104.3 radio and a Remind 101 message will be sent, so please sign up to receive the Remind 101 messages.
4-H Shooting Sports Club
Archery Practice: Tuesday, July 17th at 5 p.m. (ct) at the Breckinridge County Extension Office
Black Powder Practice: Thursday, July 5th & July 19th at 5 p.m. (ct)
Pistol & Rifle Practice: Thursday, July 5th & July 19th at 5 p.m. (ct)
Trap Practice: Thursday, July 5th & July 19th at 6:30 p.m. (ct)
at the Irvington Sportsman Club

Teen Corner

Teen Leadership Academy (TLA)
Applications for 2018-2019 Teen Leadership Academy will be available soon!

Horticulture Club
Join our summer intern, Ella Potts, as she teaches youth ages 9 - 19 how to identify & judge trees, fruits, shrubs, nuts, and vegetables, and flowers! Eligible club members will be able to compete as a team at the state fair!
Meetings are Tuesdays & Thursdays at 4 pm in the Extension Office Basement
For more information call 270-756-2182

What is Kentucky’s state tree?
Answer will be in the next newsletter.

Answer to the previous trivia question:
What is the safe internal temperature for cooked chicken?
160˚

Parents Corner

Breckinridge County Sewing Circle
The Sewing Circle meets the second Tuesday of each month from 9 a.m. (ct) to noon in the Extension Office Basement.
NOTE: For the next meeting date the Extension Office

Paper Crafters Scrapbooking Group
The Paper Crafters are meeting on Thursday, July 19th at 5:30 p.m. (ct) in the Extension Office Basement.
This will be a fun night of card making and scrapbooking.

Breckinridge County Farmers’ Produce Market
The Farmers’ Market will be open every Saturday 6:30 am (ct) and every Tuesday 3 pm (ct) till October 2018 in the Extension Farmers’ Market & Educational Facility
4-H
Snapshots

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).
### Breckinridge County Fair

**Super Star Chef 10 am - 2 pm**

**EXTENSION OFFICE CLOSED**

**ALL TIMES ARE CENTRAL UNLESS OTHERWISE STATED**

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Like us on Facebook! www.facebook.com/breckinridgeextension
THIS MONTH’S TOPIC: SPORTS WEEK

It feels good to have a strong, healthy body that can do all the fun things you enjoy, such as playing with your friends. Playing sports can help you be the best version of yourself.

The week of July 16-22 (2018) is National Youth Sports Week. To participate in this week, you can run around outside, have a water balloon fight with your family or play soccer at school with your friends. Any type of play, sports, dancing or even doing push-ups counts as participating in National Youth Sports Week. If you are active every day for 60 minutes, your body will thank you!

Continued on the back
Any type of play, sports, dancing or even doing push-ups counts as participating in National Youth Sports Week.

Continued from page 1

Benefits of playing sports

Why play sports? To have fun, of course! However, participating in sports also has many other benefits:

• gives you an advantage in the classroom because play helps improve your memory and concentration
• helps you learn communication skills, as well as how to be a team player
• helps you feel better about yourself
• helps you maintain a healthy body and make new friends
• helps cut down on the pressure you may be feeling in life and put you in a better mood

Sports to try

There are many different types of sports that you can play with your friends or individually. Remember, any type of movement is good for you — so be creative!

Many sports help keep your heart healthy. Here are some you might want to try:

• Swimming
• Hiking
• Skateboarding
• Rollerblading
• Soccer
• Basketball
• Karate
• Tennis
• Track

• Cross country
• Cycling
• Game of tag
• Dancing

Activities to try

Sports help you build strong bones and muscles. Here are some activities that will help you maintain strong bones and muscles:

• Monkey bars
• Volleyball
• Tug-of-war
• Running
• Jumping rope
• Hopscotch
• Wall climbing
• Bike riding
• Rowing
• Rope or tree climbing

Safety

Safety is very important when playing sports.

• Before going outside to play sports with friends, you should always ask permission and let an adult know where you are going.
• If you ever have pain during sports or while playing, make sure to tell an adult.
• Make sure to use the correct protective equipment when playing sports, such as a helmet when riding your bike or shin guards when playing soccer.

RESOURCES:

• http://www.ncys.org/advocacy/national-sports-day.php
• https://www.cdc.gov/physicalactivity/basics/pa-health
• https://kidshealth.org/en/kids/work-it-out.html?WT.ac=ctg#catfit
BRECKINRIDGE COUNTY 4-H

COOPERATIVE EXTENSION

University of Kentucky
College of Agriculture, Food and Environment

BRECKINRIDGE COUNTY 4-H CLOVERBUD CLUB!

Kids ages 5-8 will learn about 4-H and other exciting topics while completing a hands on activity!!

FIRST MEETING WILL BE:

07.02.18

BRECKINRIDGE COUNTY EXTENSION OFFICE BASEMENT

6 PM (CT)

GUARDIANS MUST BE PRESENT DURING MEETINGS

Topics covered throughout the club year:

4-H Basics
Local 4-H Project Clubs & Activities
Science, Engineering, & Technology
Agriculture & Animal Science
Communications
Leadership
Health
Family & Consumer Science
Natural Resources

For more information contact the Breckinridge County Extension Office
(270)-756-2182
Shine in the kitchen with your new cooking skills!

Have you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty afterschool snack for friends. Join us for the Super Star Chef cooking camp for participants ages 8 to 19. No previous cooking experience required for this free program, where you will receive cooking tools and learn how to:

- Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping.
- Make homemade meals like fresh salsa, fruity parfaits, tasty veggie pizza and oven-baked calzones.
- Discover foods that are good fuel for your body and give you energy to play hard.
- Decode food labels and identify if foods are safe to eat.

DATE: July 23-27
TIME: 10 a.m. to 2 p.m. (ct)
LOCATION:
Breckinridge County Extension
Office Basement

TO SIGN UP, CONTACT:
Alex Bryant or Tasha Tucker at
(270) 756-2182
Breckinridge County 4-H

Photography Club

We capture the perfect moments in life!

Join us as we explore topics ranging from equipment basics, taking photos, light and flash, depth of field, aperture, shutter speeds, lighting techniques, filters, and much more!

For more information call the Breckinridge County Extension Office at (270)-756-2182
Breckinridge County 4-H Jr. Master Gardener

The Jr. Master Gardener program is a 9 week summer program open to youth from 3rd to 8th grades

Learn about:

- Horticulture
- Environmental Science
- Health and Nutrition from the garden
- Harvesting fruits and vegetables
- Preserving produce
- Recipes and cooking

First Meeting:
May 31st
4 p.m. (ct) at the Breckinridge County Public Library

June Meetings
7th, 14th, 21st, 28th

July Meetings
5th, 12th, 19th, 26th

All other meetings are
9 a.m.-11 a.m. at the Breckinridge County Public Library

For more information contact Sarah Flood at the Breckinridge County Public Library
(270) 756-2323